Patterson High School

Teacher: Megan Nichols Lesson Date: Monday, November 28

Subject: Psychology Unit Title: Lifespan & Development

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| **CLGs/SC Assessment Limits/Standards:** *(What are the skills being taught?)*  **Common core: re**ading and annotating informational texts | | **Agenda:** *(What is the snapshot of my class flow?)*  **Do-Now, skits, re**adings, questions, blog post, reflection, closing. | |
| **Lesson Objective:** *(What will my students KNOW by the end of the lesson? What will they DO to learn it?)*  **Students will be** able to describe and analye the impact of puberty on adolescent development by previewing vocabulary, creating skits, reading informational text, creating questions, writing a blog post, and completing a reflection. | | | |
| TIME | INSTRUCTIONAL SEQUENCE | |  |
| 5 mins | **Get started/Drill/Do Now:** *(What meaningful activity will students complete as soon as they enter the classroom?)*  Students will respond to the following prompt posted on the board: On a scale of one to 5, how comfortable are you discussing the following terms? Explain your thoughts.  Puberty, Tampons, Periods, Pubic hair, Breasts, Testicles, Sperm, Acne | |  |
| 20 mins | **Engage/Motivation:** (*How will student interest be sparked? Is there prior knowledge that should be tapped? Is there vocabulary that must be cleared? Is there brainstorming that student need to complete before the lesson begins?)*  Challenge each group to develop a short skit dramatizing one of the changes described below. The skits must address both a **physical and emotional adjustment** that takes place during puberty. Possible ideas for skits include the following:   * What it feels like when a girl gets her period for the first time * How a boy feels when he his voice cracks when he's delivering a talk at school * How it feels to have a bad facial blemish right before going to a big social event * What it feels like as awareness of the opposite sex increases * How a girl feels when she can't go to a swim party because she has her period * How the smallest boy in the class feels as he watches his peers shoot up   Teacher will transition and explain that these situations can be awkward and lead students to a preview stop and jot presented on PP slide—why is this? Why/how have we learned to be ashamed or afraid of our bodies and the changes that occur? Why is this different than the physical changes that occur at other points in our lives? (infancy and childhood) | |  |
| **20 mins** | **Explore/Explain:** *(Explicit teaching/”I do”/modeling/teacher led.)*  Students will read and annotate the attached articles on puberty in males and females. Teacher will model prior to releasing students to access the information independently. Upon completion of reading and annotating, the teacher will lead students through the following discussion questions; will pass to students to pose to the class.   1. What do you think is the single hardest thing about going through puberty? What is the greatest benefit of reaching physical adulthood? 2. What is the relationship between hormones and changes taking place in your body during puberty? 3. Describe one fact that you learned about the experience of puberty in the opposite sex. Do you have a greater appreciation now of what members of the opposite sex are experiencing?   Is there a “right” or “wrong” way for students to learn about puberty? Explain your reasoning.  Students will store the work in their folders. | | |  |  | | --- | --- | |  |  | |
| 5 mins | **Practice as Class:** (”We do”/guided practice/teacher involved.)  Students will formulate a list of questions about puberty to be posted at the front of the room; students will attempt to answer peers questions or students will be charged with finding the answers for homework points that evening (instructor will assist when necessary). Teacher will continue to stress that it is important that we understand our bodies at all stages of development; it is ok to ask questions, it is ok to seek answers. | |  |
| 20 mins | **Practice as Pairs/Groups:** *(“You do”/teacher monitors and facilitates.)*  Teacher will set purpose for the reading by asking students to recall the class motto: “If not us, who? If not now, when?” teacher will explain that the misconceptions about puberty, the fear/stigmatization of speaking about our bodies in an open way can cause some problems. Teacher will ask students to predict these problems and will record them on the board. Teacher will explain that one problem can be sexual harassment, and today students will get a chance to respond to studies on sexual harassment. Students will work in pairs to read the attached NYT article and to create a blog response; blog should be posted by the end of the week as further our understanding about development. | |  |
| **10 mins** | **Practice Alone**: *(“You do”/teacher monitors and facilitates.)*   1. What do you think is the single hardest thing about going through puberty? What is the greatest benefit of reaching physical adulthood? 2. What is the relationship between hormones and changes taking place in your body during puberty? 3. Describe one fact that you learned about the experience of puberty in the opposite sex. Do you have a greater appreciation now of what members of the opposite sex are experiencing? 4. Is there a “right” or “wrong” way for students to learn about puberty? Explain your reasoning. | |  |
|  | **Evaluate Understanding/Assessment:** *(How will I know if students have achieved today’s objective?)*  Teacher will review student reflections on the questions above as an assessment; will push students to consider. Work will be returned to students the following day. | |  |
| 5 mins | **Closing Activities/Summary:** *(How will I tie up loose ends, reinforce the objective and connect the lesson to the unit?)*  Explain homework: early maturation case study reading  Why does it matter? Ball toss. | |  |
|  | **Enrichment/Extension/Reteaching/Accommodations:** *(How will my lesson satisfy the needs of all learners?)* | |  |

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| **Resources/Instructional Materials Needed:** *(What do I need in order to teach the lesson?)*  Do-now written on board, student journals and folders, homework copies, ball, objective + agenda on board, strips for skit development |
| **Notes:** |

# Post-Lesson

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| **Reflection:** |
| **Next Steps:** |

# Have You Experienced Sexual Harassment?

By [HOLLY EPSTEIN OJALVO](http://learning.blogs.nytimes.com/author/holly-epstein-ojalvo/)

[Student Opinion - The Learning NetworkStudent Opinion - The Learning Network](http://learning.blogs.nytimes.com/category/student-opinion/)

A new national survey found that nearly half of students in 7th through 12th grades experienced sexual harassment – defined as “unwelcome sexual behavior that takes place in person or electronically” – in the past year. Have you experienced sexual harassment in any way? What, if anything, do you think can and should be done to address it?

As Jenny Anderson [reports](http://www.nytimes.com/2011/11/07/education/widespread-sexual-harassment-in-grades-7-to-12-found-in-study.html), 56 percent of girls and 40 percent of boys said they had been sexually harassed. Half of those who were harassed said they did nothing about it, and only some approached an adult in school or family member. The article details more of the survey’s findings:

“It’s pervasive, and almost a normal part of the school day,” said Catherine Hill, the director of research at the association and one of the authors of the report.

Over all, 48 percent of students surveyed said they were harassed during the 2010-11 school year. Forty-four percent of students said they were harassed “in person” — being subjected to unwelcome comments or jokes, inappropriate touching or sexual intimidation — and 30 percent reported online harassment, like receiving unwelcome comments, jokes or pictures through texts, e-mail, Facebook and other tools, or having sexual rumors, information or pictures spread about them.

Whatever the medium, more girls were victims: 52 percent of girls said they had been harassed in person, and 36 percent online, compared with 35 percent of boys who were harassed in person and 24 percent online.

“I was called a whore because I have many friends that are boys,” one ninth-grade girl was quoted as saying. An eighth-grade boy, meanwhile, reported, “They spread rumors I was gay because I played on the basketball team.”

[...] The report documents many forms of harassment. The most common was unwelcome sexual comments, gestures or jokes, which was experienced by 46 percent of girls and 22 percent of boys. Separately, 13 percent of girls reported being touched in an unwelcome way, compared with 3 percent of boys; 3.5 percent of girls said they were forced to do something sexual, as did 0.2 percent of boys. About 18 percent of both boys and girls reported being called gay or lesbian in a negative way.

In the survey, students were asked to identify what had the worst effect on them. For boys, it was being called gay — “Everyone was saying I was gay, and I felt the need to have to run away and hide,” a ninth-grader said. For girls, the leading problem was having someone make “unwelcome sexual comments, jokes or gestures to or about you.”

**Students: Tell us whether your experiences reflect the findings of this study. Why do you think sexual harassment is widespread among teenagers? What can and should be done to address it and change the dynamics that drive teenagers to harass each another?**

# Puberty -- Changes for Females

Puberty — it's a crazy time. Your body's changing, and so is everything else. But, what is causing all these changes?  You know how everyone says that puberty is all about raging hormones? It's kind of true. Hormones that were hibernating suddenly awaken and signal your body to enter puberty. You might think this doesn't mean a lot, but hormones cause the changes that are associated with puberty. Below is a time line for physical changes that occur during puberty.

|  |  |
| --- | --- |
| **Puberty Event** | **Age at which it happens** |
| Growth of breasts | 7-13 |
| Growth of pubic hair | 7-14 |
| Body Growth | 9 1/2-14 1/2 |
| First Period | 10-16 1/2 |
| Underarm Hair | 2 years after pubic hair shows up |
| Acne | Around the same time as underarm hair |

Remember, puberty is not the same for everyone, so some girls will grow pubic hair before they develop breasts, and that is absolutely normal.  
  
Breasts

Breast development begins between 7 years of age and 13 years of age and continues through puberty. Breast development starts with the flat area around the nipple (areola) becoming enlarged and some breast tissue forming under the nipple. When breast development is complete, each breast is distinct and the areola no longer appears swollen.  Breast size varies from woman to woman, and there is no way to try to make your breasts larger or smaller other than going through plastic surgery, which is not always a very safe or healthy alternative. 

### Pubic Hair

Pubic hair starts along the vaginal lips, the outer opening of your private parts. The hair becomes darker and coarser and grows like an inverted triangle. Sometimes, the hair spreads to the insides of thighs, as well. 

### Growing!

Puberty also causes you to go through a growth spurt, which results in an average growth of about 3.5 inches a year. Your head, hands, and feet are the first things to grow. Then you grow in your arms and legs, and finally your torso and shoulders catch up with the rest of your body. If it's any consolation, everyone goes through that awkward phase, so you are not alone! Height growth is of course accompanied by an increase in weight. This weight gain is perfectly normal and a part of puberty. Without gaining this weight, you cannot grow taller, develop breasts, or get your first period. 

### Acne

Finally underarm hair begins to grow, and your sweat and oil producing glands also start developing, which eventually results in acne when these glands are clogged. In order to avoid breakouts, you should wash your face twice daily. If you still regularly break out, you may want to speak to a dermatologist. 

### Timing of Puberty

Puberty starts at different times and lasts for different periods of time for everyone. It can start as early as 7 years of age to as late as 13 years of age. The sequence of puberty from breast development to complete physical maturation may take a year and a half or last as long as 6 years.  This is sometimes very difficult for girls as some of their peers may have entered and completed puberty before they have even started. However, there is no way to slow or speed up the process, but puberty happens to everyone, so never fear, it will happen to you!  You may have heard that girls mature more quickly than guys, and that is somewhat true, since girls usually enter puberty about 2 years earlier than boys.

Puberty -- Changes for Males

Puberty — it's a crazy time. Your body's changing, and so is everything else. But, what is causing all these changes? Well, you know how everyone says that puberty is all about raging hormones; it's kind of true. Hormones that were hibernating suddenly awaken and signal your body to enter puberty. You might think this doesn't mean a lot but, hormones cause the changes that are associated with puberty. Below is a time line for physical changes that occur during puberty.

|  |  |
| --- | --- |
| **Puberty Event** | **Age at which it happens** |
| Growth of testicles and scrotal sac | 10-13 1/2 |
| Growth of pubic hair | 10-15 |
| Body Growth | 10 1/2 -16 1/2 |
| Growth of penis | 11-14 1/2 |
| Change in voice | About the same time as penis growth |
| Facial and Underarm Hair | About 2 years after pubic hair appears |
| Acne | About the same time as underarm hair appears |

Genitalia and Pubic Hair

In the early stages of puberty, the scrotum grows larger and you might experience some reddening of the skin and notice texture change in the scrotal skin. Pubic hair might start appearing at the base of your penis. While the scrotum grows, the penis increases in length and has a smaller increase in width. About a year after your penis starts growing, most boys have their first ejaculation. This is at times scary or worrisome to boys, but it is perfectly natural and a part of the pubertal process.   
At the same time, you might also be noticing that more pubic hair is growing and that it is becoming darker, coarser and curlier. The penis continues to grow, and the head of the penis develops. The scrotal skin gets darker and the scrotum also continues to grow. When the penis is fully developed, pubic hair will have grown like an upside down triangle around your penis and will probably have spread to your thighs as well. There is no healthy or natural way to increase penis size, and it is true: size does not matter. 

### Growing! Puberty can also cause you to go through a growth spurt, which results in an average growth of about 4.1 inches a year. Your head, hands, and feet are the first things to grow. Then you grow in your arms and legs, and finally your torso and shoulders catch up with the rest of your body.

### Possible Breast Development

During puberty, some boys do experience slight breast growth, but this is usually temporary and disappears after a while. However, if it does not disappear after puberty and continues to worry you, you might want to consult your doctor about it. 

### Voice Change

Your voice deepens, and while the process is gradual, you might experience your voice breaking at times. This is normal and natural, so don't worry about it. 

### Body Hair

Facial hair first appears at the corners of your upper lip and then spreads across the upper lip, to the upper parts of the cheek, below the bottom lip, and finally to the sides of your face and your chin. Underarm hair is also growing at this time as well. 

### Acne: Accompanying underarm hair growth, your sweat and oil producing glands also start developing, which eventually results in acne when these glands are clogged. In order to avoid breakouts, you should wash your face twice daily. If you still regularly break out, you may want to speak with a dermatologist.

### Timing of Puberty

Puberty starts at different times and lasts for different periods of time for everyone. It can start as early as 9 years of age to as late as 13 1/2 years of age. The sequence of pubertal development usually ranges from 2 to 5 years. This is sometimes very difficult, as some of your peers may have entered and completed puberty before you have even started. There is no way to slow or speed up the process, but puberty happens to everyone, so **never fear, it will happen to you!** 

* What it feels like when a girl gets her period for the first time
* How a boy feels when he his voice cracks when he's delivering a talk at school
* How it feels to have a bad facial blemish right before going to a big social event
* What it feels like as awareness of the opposite sex increases
* How a girl feels when she can't go to a swim party because she has her period
* How the smallest boy in the class feels as he watches his peers shoot up